



# Musculoskeletal Injury Prevention

## About the Program :

Navy and Marine Corps Public Health Center (NMCPHC) serves as a **primary injury prevention resource** for the Department of the Navy and for other Department of Defense agencies. To reduce the incidence and severity of injuries, the NMCPHC injury prevention program specializes in the following:

- 1: Determining the existence and size of the problem of injuries
- 2: Identifying the causal risk factors of injuries through surveillance and research methods
- 3: Determining what prevents injuries from occurring
- 4: Developing and providing guidance for implementing prevention strategies and program through evidenced based, data-driven injury prevention decisions
- 5: Continuing surveillance and monitoring effectiveness of prevention efforts    Continue surveillance and monitor effectiveness of prevention efforts

Injuries are the leading health problem impacting on U.S. military force readiness today - leading in causes of death, disability, decreased readiness, and lost productivity. Currently, 42% of Sailors and 53.8% of Marines are separated for medical reasons due to musculoskeletal disorders.

## Program Mission:

to increase readiness and decrease personnel attrition by decreasing incidence and/or severity of musculoskeletal injury

## Program Goals:

1. Reduce the frequency and severity of unintentional injury.
2. Provide quality information to decision makers in support of injury prevention.
3. Support a musculoskeletal continuum of care that focuses on an accelerated return to duty after an injury has occurred: early injury identification, accurate and timely rehabilitation, and reconditioning of an injured Sailor or Marine.
4. Anticipate customer needs, providing effective and timely transfer of information.

## Primary Components:

- Operational and physical training injuries (military specific injuries)
- Occupational / ergonomic injuries (non-military specific)
- Sports and recreational injuries

## Products and Services:

- Resource and supplies development and distribution
- Injury epidemiology "scientific detective"
- Prevention strategies and programs
- Research and informatics
- Training

*Musculoskeletal injuries include injuries to the bone, muscle, joints, ligaments, cartilage, and tendons.*

